

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Intervention Name: *Making a Difference!*

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Program Description: Adapted from the *Be Proud! Be Responsible!* curriculum, *Making a Difference!* is a voluntary, abstinence-based intervention that aims to teach young teens skills for avoiding sex, and provide information about puberty and sexuality and the consequences of sex. Abstinence is promoted with a primary emphasis on the risks of adolescent sexual activity as related to one's goals and dreams. While condoms are acknowledged as a way to reduce the sexual risks, condom-use skills are not taught as part of the intervention.

Component 1: Curriculum

The curriculum consists of interactive activities such as culturally sensitive video clips, games, brainstorming, role-playing, skill-building activities, and small-group discussion. It spans eight one-hour modules, which can be delivered in combinations ranging from two (four-hour) sessions to eight (one-hour) sessions. The modules include:

- 1: Getting to Know You and Making Your Dreams Come True
- 2: Puberty and Adolescent Sexuality
- 3: Making Abstinence Work for Me
- 4: The Consequences of Sex: HIV Infection
- 5: The Consequences of Sex: STD Infection
- 6: The Consequences of Sex: Pregnancy
- 7: Responding to Peer and Partner Pressure
- 8: Role Plays: Refusal and Negotiation Skills

Target Population: Available information describes the target population as African American, Hispanic, and white adolescents, ages 11–13, attending middle schools and youth-serving community-based programs.

Curriculum Materials: The curriculum basic package consists of a facilitator manual, an activities and games packet, and video clips. The full package includes support products as well. Both packages are available at: <http://selectmedia.org/customer-service/evidence-based-curricula/making-a-difference/>. 

Training and TA: Six to eight hours of training is recommended for educators who are knowledgeable about HIV/AIDS, STDs, and adolescent sexuality and who have experience implementing an STD/HIV prevention curriculum with youth. Twenty-four hours of training is recommended for educators without this knowledge and experience.

Research Evidence¹

Study Citation: Jemmott, J. B., Jemmott, L. S., & Fong, G. T. (1998). Abstinence and safer sex HIV risk-reduction interventions for African American adolescents: A randomized controlled trial. *Journal of the American Medical Association*, 279(19), 1529–1536.

Population Evaluated: African American adolescents in grades 6 and 7 from three middle schools serving low-income African American communities

- Mean age 11.8 years
- 53% female and 47% male

Setting: Saturday program serving low-income African American communities of Philadelphia, Pennsylvania

Study Findings: At the 3-month follow-up: adolescents participating in the intervention who were sexually inexperienced at baseline were significantly less likely to report having had sexual intercourse in the previous 3 months.

¹ This summary of evidence is limited to studies of the intervention meeting the inclusion criteria and evidence standards for the Pregnancy Prevention Research Evidence Review. Findings from these studies include only those showing a statistically significant positive impact on sexual risk behavior or its health consequences. Studies may present other positive findings beyond those described; however, they were not considered as evidence for effectiveness because they focused on non-priority outcomes or subgroups, did not meet baseline equivalence requirements, or were based on follow-up data with high sample attrition. For additional details on the review process and standards, see the review's Technical Documentation.